

Outdoor Adventure Program



The County of San Diego's Teen Outdoor Adventure Program allows REC Club participants an opportunity to experience the great outdoors through multiple outdoor adventure trips. The program is free and open to REC Club participants with regular attendance and good behavior. The program focuses on health and wellness, team building, environmental education, community service, leadership skills development and career development. Participants are able to experience their success in the moment, whether it is riding 16 miles on a bike, sleeping in a tent in the wilderness, pushing themselves to climb a rock climbing route when they are afraid of heights, or surf in the ocean which is new and unfamiliar to them, they are able to see immediate and positive results in the risks they take. Outdoor Adventure Programs are offered year round; please contact the REC Club for more information.

Energy Saving Adventures is the new REC Club perspective, taking charge of our future in resource conservation. The weekly programs inspire and empower youth to create change in the world around them. This is the new "REC Club unplugged."

Tournament Tuesdays

Get your game on. Every Tuesday ESA will host a full center tournament. While these throw downs will be geared toward both the charades master and the baseball buff, all tournaments hold the ultimate goal of reducing energy usage during peak energy hours.

Wired Wednesdays

Get your hands dirty while creating your own ecosystem out of a 2 liter bottle or discover your inner engineer while wiring a solar powered racecar. Wired Wednesdays are all about the science of energy and how it relates to the natural world. You'll never know what to expect!

Thrifty Thursdays

On Thrifty Thursdays, we will find creative ways to use materials that have been left by the way side. Your perception will change when you turn discarded items into new and innovative creations. So, whether you are creating a work of art, refashioning an old item of clothing, or brainstorming a new invention, all projects will be focused toward inspiring conservation.

